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STEPPING UP

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**A newsletter, written with joy, for the curious, adventurous,
and modern-day action-takers of the world.**

<<First Name>>,

No matter what the action or habit is, at some point, I get tired of it and don't feel like doing it. Take this newsletter, for example. I LOVE writing it and sharing the things I'm learning and doing. But for the past three months, I've noticed my level of anxiety increasing in the days approaching the first of the month, as I know it's time to spend time creating the newsletter.

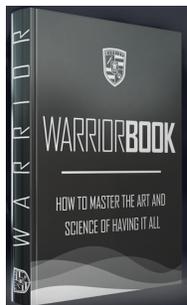
Why have I felt this anxiety? I haven't felt like taking the time to write it. And when I allow my feelings to dictate my actions, they often derail me. This is where words like commitment and accountability come to the rescue.

I have a commitment to producing this newsletter... and come hell or high-water, my commitment is going to win out over my feelings - because I say it will. We don't get what we get in life because of our feelings, we get what we get based on what we are ruthlessly committed to creating.

Have a great month!

Andy

What I'm Reading and Learning



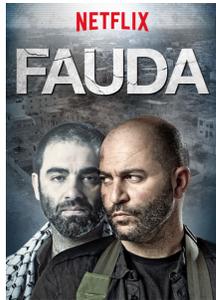
Let me say this straight out of the gate... this book (and program) isn't for everyone. First, it is written just for men. Second, the only way to get a copy is to sign up for the KingsKit through the [website](#). Third, the author, Garret J. White, writes in a very direct, confronting, and no-holds-barred style with lots of curse words and edgy stories - so if that's not your cup-of-tea, don't say you weren't forewarned.

Let me also say that I am not endorsing the program, I don't get compensated for sign-ups, nor am I recommending that you do anything. However, I would be lying were I to omit from my newsletter this month the profound impact the KingsKit and Warrior has had on my life in the past 60 days.

I signed up for it on a whim - clicking on an Instagram ad, not thinking it was going to be much of anything. I found that not only was it substantive, the book and accompanying program were as substantively real and relevant as anything I've ever done. By following some of the advice learned in the pages of the book, I've seen marked improvements in my relationship at home with Julia, and radical shifts in the

If you're curious, I recommend checking out the website and watching the accompanying 60-minute movie explaining it all.

Latest Binge-Worthy TV Series



Fauda. If you've never heard of it before, it wouldn't come as a surprise. It's a show produced in Israel with an inside look at the Israeli-Palestinian conflict. The main character is part of an undercover Israeli Special Forces unit that is hunting down terrorists. All the dialogue is in both Hebrew and Arabic (with subtitles.)

Both Season 1 and 2 are non-stop, stomach-in-throat action dramas with twists, turns, deceptions, and anxiety-producing, no-win situations.

I loved every minute of it, but a word of warning, don't watch right before bed!

Game I'm Playing



[[video](#)] OK - so apps don't just have to be for business, productivity, or efficiency.

They CAN be for fun too.

This game called [Smash Hit](#) is fantastic. It's like pinball meets Battle Zone and Tempest (video arcade games from the 80's.) It's free to download and play, and for a couple bucks more, you can save your place and start the next game from where you finished the last.

Check it out.



Share



Tweet



Forward

Quotes to Ponder

"There are two great days in a persons life – the day we are born and the day we discover why."

~ William Barclay

"There is no such thing as bad weather, just inappropriate clothing."

~ Katja Pantzar

Green Smoothie I'm Drinking

[[Click for Video](#)] I've been drinking smoothies/shakes at either breakfast or lunch for over 10 years. My original breakfast recipe included 2 - 3 raw eggs for protein and fat, and while I haven't had that one in a few years, I became re-interested in drinking a shake regularly as a meal because of their mega-doses of veggies, macronutrient quantity, and dietary fiber.

This recipe came from Dr. Rhonda Patrick (though I've made my own modifications). I simply mix the list of ingredients below into my Vitamix and let it go to town. It's not as much stuff as it looks like and takes less than 10 minutes to make.



- Frozen Kale (1/2 cup)
- Frozen Spinach(1/2 cup)
- Celery (1)
- Parsley (4 pieces)
- Carrots (4-5 baby)
- Tomato (1-2 tbsp)
- Apple (1/2)
- Lemon (1/2)
- Frozen organic blueberries (1/2 cup)

- Almonds (small handfull)
- Flaxseed meal (2 tbsps)
- Water (1 1/4 cups)

How I'm Mobilizing



Though not new to me, this is something I find incredibly effective for lengthening my spine, opening up my hips, and stretching my psoas (hip flexor). It's called a yoga swing, and you can pick one up [on Amazon, here](#).

I started experimenting with inversion on an inversion table years ago, and as I got further along and started hanging completely upside down, I moved to the yoga swing as I felt it better for my hips and hip flexors, as you hang from your pelvis instead of hanging from your ankles.

A word of caution - it's not gentle and takes time to get your body, circulatory, and nervous systems used to being inverted (dizziness and blood rushing to your head is common at first). But if you're willing to put in the time, the payoff is well worth it. This the best (and only) way I've found to create space in those hard to reach areas of the spine and hips.

Parting Thoughts - the FALL Whole Life Challenge

NUTRITION		Eat nutritious, healthy foods from your food list
EXERCISE		Be active 10 minutes a day
MOBILIZE		Stretch 10 minutes a day
SLEEP		Sleep for a duration you select, one that leaves you feeling rested
HYDRATE		Drink ounces of water equal to your body weight (in pounds) + 3
WELL-BEING		Learn weekly practices to help you feel happier and more connected
REFLECT		At the end of each day, write briefly about how the day went

The FALL Whole Life Challenge begins on September 29th and runs for 6 weeks. I'll be leading a team called "[Springing Forward](#)" and I invite you to join!

This is a team of committed players who are willing to do the work, show up each day, move toward the things that make them uncomfortable, and take courageous action toward being the person they've always wanted to be. If you're up for that, I'd love to have you join us.

on Facebook is required.

[Click this link and register.](#)

And whether you do or not, I hope you have a fantastic September!

Andy

P.S. - Thanks so much for being a subscriber. If you think of someone in your network who might enjoy the newsletter, please forward it to them!

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